



# SOUTH COAST AIR QUALITY MANAGEMENT DISTRICT

## AIR QUALITY FORECAST



Forecast Valid Monday, July 29, 2019

Forecast has not yet been issued

Area	Forecast Area	AQI	AQI Description	Pollutant	Cleanest Time of Day *
1	Central Los Angeles County				
2	Northwest Coastal Los Angeles Co.				
3	Southwest Los Angeles County Co.				
4	South Coastal Los Angeles Co.				
5	Southeast Los Angeles Co.				
6	West San Fernando Valley				
7	East San Fernando Valley				
8	West San Gabriel Valley				
9	East San Gabriel Valley				
10	Pomona/Walnut Valley				
11	South San Gabriel Valley				
12	South Central Los Angeles Co.				
13	Santa Clarita Valley				
14	Antelope Valley				
15	San Gabriel Mountains				
16	North Orange County				
17	Central Orange County				
18	North Coastal Orange County				
19	Saddleback Valley				
20	Central Coastal Orange County				
21	Capistrano Valley				
22	Corona/Norco Area				
23	Metropolitan Riverside County				
24	Perris Valley				
25	Lake Elsinore Area				
26	Temecula Valley				
27	Anza Area				
28	Hemet/San Jacinto Valley				
29	Banning/San Gorgonio Pass				
30	Coachella Valley				
31	East Riverside County				
32	Northwest San Bernardino Valley				
33	Southwest San Bernardino Valley				
34	Central San Bernardino Valley				
35	East San Bernardino Valley				
36	West San Bernardino Mountains				
37	Central San Bernardino Mountains				
38	East San Bernardino Mountains				
39	Phelan				
40	Hesperia				
41	Trona				
42	Victorville				
43	Yucca Valley				
44	Barstow				
45	Twentynine Palms				

\* The **Cleanest Time of the Day** is based on forecasts of below-average AQI for PM<sub>2.5</sub> and Ozone. These forecasts do not include PM<sub>10</sub>. They may differ from the actual AQI and users should also check the current AQI measurements at <http://www.aqmd.gov/aqimap> to plan outdoor activities.

**What To Do When Air Pollution Reaches Unhealthy Levels**

In areas with **UNHEALTHY FOR SENSITIVE GROUPS** air quality (AQI of 101 to 150), sensitive or susceptible persons, including children, older adults and those with heart or lung disease, should minimize outdoor activity.

In areas with **UNHEALTHY** air quality (AQI of 151 to 200) or an **Ozone HEALTH ADVISORY Alert** (AQI of 132 to 200 for 1-hour ozone), everyone should discontinue prolonged, vigorous outdoor exercise lasting longer than one hour. Examples of the kinds of outdoor activities that should be avoided are calisthenics, basketball, running, soccer, football, tennis, swimming laps, and water polo. Susceptible persons, such as those with heart or lung disease, should avoid outdoor activity entirely.

In areas with **VERY UNHEALTHY** air quality (AQI of 201 or above) or an **Ozone STAGE-1 Alert** (AQI of 201 or above for 1-hour ozone), everyone should discontinue all vigorous outdoor activities regardless of duration.

Detailed Air Quality Forecasts Including Wildland & Agricultural Burn Forecasts: <http://www.aqmd.gov/forecast>

Daily Air Quality Forecasts and Advisories by Email -- Subscribe or Modify Settings at: <http://www.airalerts.org>

AQMD Web Site for Current AQMD Air Quality Measurements, Forecasts and Advisories: <http://www.aqmd.gov/>

or by Telephone with our Interactive Voice Response System: **1-800-CUT-SMOG** (1-800-288-7664)

Contact AQMD: **1-800-CUT-SMOG** or (909) 396-2000      Forecast Area Map: <http://www.aqmd.gov/ForecastAreas>